

# Helpful Beauty Hints

What is Best for a Perfect Complexion—Baby's Morning Bath—Massage for Face Wrinkles—Points for Health and Beauty Seekers.

The habits of the beauty-purists submit their poor tortured faces to numerous complex treatments, more or less painful and harmful; some of them successful and some not. They are skinned, tanned, and baked, while the latest way out of the difficulty, simple but effective, is to take a reef in the superfluous cuticle. Nothing seems impossible except a permanent cure. These processes must be repeated over and over, and it is a grave question whether the process so contrary to nature can fall to do serious harm in the end. Much safer and wiser are the methods of physicians who are skin specialists, and massage which is recommended by them.

The simplest treatment consisting of a natural, normal stimulation and nourishing of the skin, combined with massage, is undoubtedly best. Those of us who cannot afford the weekly massage of an expert, which is a decided luxury, can acquire some of the magic themselves by observation of their methods, and by calling upon an unlimited supply of patience and perseverance, accomplish more by daily efforts than a person of more experience by interrupted efforts.

**Baby's Morning Bath.**  
Some mothers will bathe baby's body regularly, yet not always wash his head. The baby's head should be washed every day, and it is better to do this at first; while the baby is still in your lap, undressed but covered with a baby's blanket, wash its face and dry it; wash out its mouth with clean warm water or a weak solution of boric acid; wash each eye separately, then soap its head thoroughly, then soap its body, and then, with a firm hold, as follows:

With the palm of your left hand under the baby's back, with two fingers around its arm, and with your right hand firmly hold him by the legs; then place him in his bath tub, still supporting his head with your left hand, and with your right hand wash carefully. Do not get the soap in his eyes.

The baby will enjoy this hugely, and even a young baby will splash and kick its feet. The baby should be dressed quickly, but not hurriedly.

Have each piece of clothing warm, so that the baby will have a warm, cozy feeling after it is dressed. When giving baby his bath, be sure and have everything you can possibly need ready at hand.—Woman's Life.

**Facial Massage for Wrinkles.**  
The rule in massaging the face for wrinkles is to work always the opposite way from which they have been originally formed. The work is done lightly but firmly with the fingertips, and care is taken never to press the wrinkle in more deeply. The patient is asked to try and relax every nerve and muscle.

In the forehead there are frequently two kinds of wrinkles, those formed by running the brows up, usually due to weak or nervous eyes, and those formed by frowning. The movement for rubbing out the first kind must be a gentle pressure downward, while the eyes are carefully kept closed and relaxed. The movement for rubbing away the frown-wrinkles must be slightly up, but mostly out, following the line of the eyebrows. For the small crow's feet at the corners of the eyes the movement is circular, beginning small and growing larger and larger. The movement for the cheeks is the same and many massages will softly pink the cheeks as well.—Harper's Bazar.

**Health and Beauty Hints.**  
A harmless lotion for chapped lips and hands is made of glycerine cut with lemon. It is as healing as it is softening.

Persons who fear to use grease or oils on their skin find almost no relief, and especially the milk a substitute in that it feeds the tissues.

A hacking cough is quickly relieved if a single drop of oil of tar is placed on a piece of lump sugar and eaten slowly. This also gives relief to persons with an incurable cough.

Rough hands are the bane of the sewer. To avoid this first wash the hands carefully before beginning work. Rub away all roughness with a pumice stone. Then bathe the hands with a good cider vinegar. This is said to make the skin soft and smooth.

Campbor ice is excellent for chapped lips and hands with a good cider vinegar. This is said to make the skin soft and smooth.

Campbor ice is excellent for chapped lips and hands and is easily made. One ounce alcohol, one dram of spermaceti; melt together and add any desired amount of powdered campbor. It is improved with one dram of glycerine, although this reduces it to a liquid.

An excellent and cheap hair tonic may be made from one part paraffin and three parts eau-de-cologne. If used after washing the hair it will make it beautifully glossy-looking, besides strengthening and nourishing it considerably.

Apply with a soft brush, and afterward give the hair an even, vigorous brushing with a slightly harder brush.

**Drawback.**  
The Alpine guide waxed eloquent. "Behold," he cried, "yon beasting crags!"

They beetle for everybody, though! sneered the rich American, and sullenly spat in token of his discontent. It was not true, however, that he lacked appreciation of the beautiful and the sublime, provided these were costly and exclusive.

# ONE TRUTHFUL EDITOR.

Wrote to a Prospective Advertiser About His Circulation.

There lives an editor in Interior Pennsylvania, "Jim" Sweeney by name, who has a keen sense of humor. Seeking to increase his fortune, Sweeney once wrote to a prospective advertiser, setting forth in attractive fashion the value of his paper as a medium of publicity. The advertiser was captivated by Sweeney's letter, but desirous of more specific assurances before he invested his money, he wrote to Sweeney, saying that he hadn't heard of the *Triumphant Sentinel*. "Where does it circulate?" he asked. And, in his illuminating way, Sweeney wrote back: The *Triumphant Sentinel* circulates in Europe, Asia, Africa, North and South America, and it's just about all I can do to keep it from going to hell.—Kansas City Star.

**Safe and Sane.**  
Mediocrity, because democracy makes it the fountain of accepted belief, may be what it will, and it elicits to all that is good and beautiful. In the opinion of four cylinders, six cylinders are inevitably madmen, and that dispenses of *Genius* at once.

The word trusts *Genius* to crack its jokes and sing its songs, but to marry its daughters or go on the road to sell its goods.

*Genius* has all along put truth above consistency, and now it is saying there's a category even higher than truth. Pragmatism, some call it. That shows where society would be landed, only for the saving sanity which is *Mediocrity*.—Pack.

**"You Can Never Tell."**  
Miss Robins, the pretty teacher, called Richard's name, and the six-year-old stood up.

"Now, Richard," began Miss Robins, "if your mother was to buy five apples, and the shopkeeper's price was five cents apiece, how much money would the purchase cost her?"

For a second Richard was non-plussed; then, with a most engaging smile, he answered: "I don't know, Miss Robins; father says mother is great at bargaining."

**At Their Own Game.**  
Friend—What became of that clever little boy you had working here?  
Editor—Fired. He was too smart. He thought he knew more about the business than we did.

**Friend—Indeed?**  
Editor—Yes; he won all the financial expert's money from him, left the sporting editor and was finally discharged for playing a joke on the fellow who runs our funny column.

**His Advertisement.**  
There was a man in our town, And he was wondrous wise, He swore by all the dogs that be He would not advertise.

At last one day he advertised, And thereby hangs a tale; The ad was set in compass, and he headed "Sheriff's Sale."

**UNDULY ACCUSED.**  
I wish you wouldn't whistle at your work.

"I ain't working, sir; I'm only just whistling."

**In the Sanctum.**  
Editor—What, another manuscript?  
Assistant—Yes, "Overheard at the Sewing Circle"—475 words.

**Editor—Nonsense!** Return it at once. There must have been many more words than that!

**A Consoling Possibility.**  
Young Wife—Oh, George, the mice have eaten all the angel cake I made.  
Husband—Never mind, dear; perhaps they will leave the house to die.

**No Wonder.**  
Mrs. Penman—My husband is always terribly nervous after he has finished writing a story.

**Mrs. Wright—Naturally;** afraid he won't get any one to buy it, I suppose?

**Desolate.**  
Lawyer—Am I to understand that your wife has your bed and board?  
Uncle Ephraim—Not exactly, boss. She dun tuk mah bed an' bo'd along wit her.

**"Scientists have decided** that Methuselah was only seventy-nine years old."

"That is more like it. It is absurd to suppose that any man could have lived to the age of 969 years."

"Oh, I don't know—there were no automobiles in those days."

**One Exception.**  
"Like does not always cure like."  
"Such as what?"  
"You can't always make a hit by going on a strike!"

# Too Late

As the woman leaned back against the cushions she sighed wearily. It had been a trying evening, but it had been one of triumph. The dark eyes which had shone so brilliantly a short time before held a wisdom now that there was no one to see, although she had attained at last what she had struggled for all these years, although to-night she had reached the goal of her ambition, the woman did not experience any great feeling of happiness.

The applause which had swept from gallery to pit had for a brief moment satisfied the singer, and it had been gratifying to receive so many floral offerings, but now she was conscious only of a deep loneliness—an unmitigated longing. Had it all been worth while? The answer came without an instant of hesitation. It had not. In her girlhood her ambition had been to become a great singer, and she had sacrificed home, friends and love to that ambition. She had succeeded far beyond the rosiest dreams of her girlhood, but it had not brought the happiness she had expected. If by speaking some magic word she could have changed the present to the past she would gladly have spoken it.

Her thoughts had drifted back to those days that she could not now recall. Until to-night she had not realized how much she had sacrificed to her ambition. She remembered now with sorrow that she had told Richard Traverton that love could have no place in her life, that her art was more to her than everything else. She had sent him away, and almost heartbroken. Soon afterward she had gone abroad to study, and she had never seen him since that night she had refused his love. Then she had not understood, but now—ah, now, it was too late.

A continuation of the thought came swiftly, and it brought such a feeling of joy with it that the woman arose from her seat. "Was it too late?" What prevented her from returning to that which had once been so unappreciated? If she was only willing to give up the present life with its empty pleasures? She knew that Traverton was practicing medicine in his own town, and was much esteemed by the citizens. But did he still cherish that love that he had had for her so long ago? She could not make herself feel certain that evening would be the same with him, but surely when he knew that she had come back, willing to relinquish all for his love, he would welcome her gladly. No, it was not too late. She would return. Happiness, deep and satisfying, would yet be hers!

When the carriage stopped at her hotel it was a different woman who alighted. All her weariness had vanished and there was the light of joy in her dark eyes.

The next day the woman, after hasty preparations, took the train for that little out-of-the-way town. It was late in the afternoon when she reached the village, greatly fatigued from the long journey. An exclamation of surprise burst from her lips as she looked around. Although it had been 12 years since she had left the place, apparently nothing had changed. The people of Brandon were not progressive, and she thought that things were good enough as they were. They felt no need of improvements or changes.

The woman went immediately to the one hotel in town. She would rest to-night and leave all further plans for the morning, she decided as she slipped upstairs to her room. She was about to enter when a familiar name fell upon her ears. The landlady's wife was chatting with some neighbor in one of the rooms below, but every word reached the woman who stood there waiting to learn she knew not what. A feeling she could not define chained her to the spot.

"Janet Staples made a beautiful bride," she had just heard, and she wondered a little. When she had last seen Janet she had been only a child. The next moment she smiled sadly. She had forgotten that she had been away a long time, and Janet must be now about the same age as she had been when she left the village.

"Brandon ain't seen such a wedding before as I'll see this afternoon," went on the voice in the room below. "Janet will make Dr. Traverton a good wife, and he deserves some one good. Folks say he used to keep company with Virginia Leighton years ago, but she took it into her head to go on the stage and sing. Always was kind of fidgety was Ginner, so they say, though I can't speak as knowin' anything about it. That was before we come here. She's a great singer now, and I suppose she's so proud that she wouldn't look at common folks. But between you and I, Melvina, I think she missed it giving up Dick Traverton."

The woman waited to hear no more. She crept unsteadily into her room, conscious of only one thing—that she had returned too late.—IDA E. ROGERS.

**Calls for Tons of Flowers.**  
Italy every year uses 1,860 tons of orange blossoms and 1,999 tons of roses in the manufacture of perfumery.

**No Cause for Alarm.**  
"I have discovered that the new casher neither drinks nor smokes," declared the junior partner, somewhat perturbed.

"That's all right," responded the senior partner. "Nothing suspicious about that, provided he has a good reason for not drinking and smoking."

**Ranks in Peasage.**  
The higher nobility, or peasage, of England consists of five ranks, viz., duke, marquis, earl, viscount and baron. All persons holding these titles are members of the Upper House of Parliament, where they sit as Lords Temporal. The archbishops and bishops of the Established Church are termed Lords Spiritual. They are not peers of the realm, but have seats in the Upper House.

# Notes and Comment

Of Interest to Women Readers

## PORTABLE WARDROBES.

Easily Put Up and Cover Protects Clothing from Dust.

During the vacation season particularly, people will appreciate the value of the portable wardrobe designed by an Illinois man. Retaining from vacations spent in two-by-four rooms, with no closets, the advantage of the invention here presented looks large in the first place, there is a grooved bracket, with hooks by which it may be quickly screwed fast to the wall. A shelf hinged to the bracket fits into the groove and along the brackets

under the shelf and on the bottom of the shelf are rows of hooks on which to hang clothing. Depending from the shelf and including the clothing is a large bag which constantly protects the garments from the dust and other dirt that is bound to accumulate. For persons who travel to any extent, or who summer in resorts where room is at a premium, one of these portable wardrobes will be found invaluable. When folded for carrying they occupy very little space in the trunk.



To See the Wind.  
Seeing the wind is a rare but easy feat. The object wherewith it may be seen is a common saw. On any blowy day—the wind being any, in the pocket—hold your saw with the end resting on the ground, the other in the west. Take the saw as if you were going to cut the air upward, and the teeth, which are on top, will catch the first part of the saw in an angle of 45 degrees with the horizon. You will then see the wind. Look along the teeth of the saw you will see the wind pour over them as plainly as you may see water pouring over a fall.

**FOR THE CONTRIBUTION BOX.**  
A Convenient Arrangement for Giving Early and Often.

A custom among attendants of the Greek Church at Trenton, N. J., has been presented to the American Numismatic Society in this city.

According to the Journal of the society, sometimes several collections are made during the service in these churches. When should there be but one, the visitor may desire to make a special contribution at the shrine or picture of some of the saints whose feast is being celebrated, or he may wish to purchase a candle for use in some of the chapels in public or private devotion.

On entering the church, therefore, he exchanges a certain sum of money with the deacon at the gate for an equivalent amount of these tokens. He is thus able to respond to the calls for the various offerings during the service or to deposit his gift at the shrine of the saint by using one or more of these tokens, which he may be disposed to yet without any heavy demand on his purse. These church tokens are sometimes of brass and sometimes of paper.

**Value of "Stooping."**  
Always be civil. Try to treat rich and poor alike. Is not the poor man's 20 shillings as good as the rich man's pound? The working man's wife, with her basket on her arm, says Sir Thomas Lipton in the Strand, is entitled to as much respect as the lady who comes in her carriage. When Benjamin Franklin was ambassador at the French court, speaking to a young man, he said: "The last time I saw your father he received me in his study. As I was leaving he showed me a short way out of the house through a narrow passage crossed by a banister. Suddenly he cried: 'Stoop! Stoop!' I did not understand what he meant until I felt my head bump against the beam. He was a man who never failed to give good advice. 'You are gone,' he said, 'and have got to go through the world. Stoop as you go through it, and you will miss many hard thumps.' I have never failed to be impressed by this lesson of humility."

**A Case of Too-Much Children.**  
In a volume of reminiscences a very funny story is told of the late Bishop Bloomfield, who, having a family by his first wife, married a second time. This Mrs. Bloomfield was a widow with a brood of her own, and in due course a third family arrived on the scene. One day the bishop was disturbed by his wife running into his study in a great state of excitement. "What is it, dear?" he tentatively inquired. "Oh, bishop!" was her agitated reply. "Quick, quick! There's not a moment to lose! Your children are sliding with my children and are murdering our children!"

**To Make Sleep Come.**  
If you cannot get to sleep try a sponge bath thus: Into eight ounces of alcohol put two of ammonia and two of camphor. Shake thoroughly, and when well mixed add four ounces of sea salt and enough hot water to fill a quart bottle. To apply it pour a little of the liquid in a shallow dish, moisten the whole body a little at a time by dipping a small sponge in it. Rub on only very little, then flush with a vigorous rubbing with a coarse cast towel. Get into bed, and we'll insure the quick arrival of "Nature's quick restorer, balmy sleep."—Family Doctor.

**Incomplete Information.**  
"We are not exactly a thousand feet above the level of the sea."  
"What sea?"  
"The guide book doesn't say."

**Know the Cause.**  
Visiting Relative—How aristocratic your father looks with all that gray hair.  
Naughty Son—Yes, and he's got me to thank for it, too!

# COST OF AN EDUCATION

Public Schools of 12-Country Spend an Average of \$22.25 a Pupil.

The average yearly expenditure a pupil in the public schools of this country, is given as \$22.25 in the recently published report of the Commissioner of Education. In 1910 it was only \$15.55.

Nevada had the highest yearly expenditure, \$72.15 a pupil, followed by New York with \$51.50, Montana with \$45.40 and California with \$40.72. In the South the expenditures a pupil range from \$10.75 in South Carolina to \$20.35 in West Virginia. The new State of Oklahoma spends \$13.79, New Mexico \$19.16, while Arizona with \$40.41 spends \$5.10 a pupil a year more than Oklahoma and New Mexico combined.

One-third of the States spend from \$25 to \$40 a pupil. The fact that one-fourth spend less than \$15 and one-fourth spend more than \$25 is an indication, says the Commissioner, "of the great variety in support of public education, and, I believe, in the opportunity afforded for school training in our various Commonwealths."

**Gigantic Sign Board.**  
Arrangements are being made for the celebration of the anniversary of the discovery of San Francisco bay in 1785 by Ferrel, and for the purpose of advertising this event there has been constructed on Yerba Buena Island, San Francisco bay, what is probably the largest sign ever erected. The sign, which has been erected on the sloping hills of the island, is 1,300 feet long by 1,250 feet high. The words "Portola Festival, October 19-23" are arranged in two lines, each letter of which occupies a space 45 feet by 45 feet. The outline of the letters is formed by a wire, in which the wire is held in place by wooden tripods eight inches in depth and filling them with lime which shows up clear and white against the green of the hillsides.

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# Time Table

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AT  
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East Pullman trains to Buffalo, Niagara Falls, Chautauque Lake, Cleveland Chicago and Cincinnati.

Tickets on sale at Port Jervis at lower rates than via any other first-class line in effect June 21st, 1908.

TRAINS NOW LEAVE PORT JERVIS AS FOLLOWS:

**EASTWARD**  
48, Daily Express ..... 4:10  
6, Daily Express ..... 6:40  
35, Local Except Sunday ..... 8:10  
44, Holidays only ..... 8:30  
8, Daily Express ..... 8:54 A. M.  
70, Way Sunday Only ..... 7:31  
42, Local Except Sun & Hol ..... 7:35  
50, Local Except Sunday ..... 10:30  
4, Daily Express ..... 1:54 P. M.  
74, Sunday Only ..... 8:30  
24, Way daily except Sunday ..... 8:30  
5, Daily Express ..... 8:54  
26, Way daily except Sunday ..... 9:15  
78, Local Sunday Only ..... 7:15

**WESTWARD**  
No. 7, Daily Express ..... 12:35 P. M.  
47, Daily Express ..... 3:05  
17, Daily Milk Train ..... 8:10 A. M.  
1, Daily Express ..... 11:34  
112, For Hudson River Sun. 12:15 P. M.  
2, Express Chicago Milford Sat. 5:20  
29, Daily Express, Sunday ..... 8:50  
9, Limited Daily Express 10:00

Trains leave Chambers street, New York, for Port Jervis on week days at 2:30, 7:15, 9:15, 10:30 A. M., 1:00, 3:30, 4:30, 5:15, 7:25, 9:15, 12:40 P. M., On Sundays, 7:30, A. M., 12:10, 1:37, 3:05 P. M.

H. L. SHARON, Ticket Agent, Port Jervis  
H. W. Hawley, Div'n Passenger Agent, Chambers St. Station New York

**William B. Kenwothey, M. D.**  
Physician and Surgeon.  
Office and residence Broad Street next Court House, MILFORD.

**For Rent.**  
Furnished rooms to rent. Enquire of Mrs. Eva Pullman, Corner Broad and Main Streets, Milford, Pa.

**HOME, SWEET HOME.**



She—You are always blaming me. Why don't you keep your crankiness for the office?  
He—The office won't stand for it!

With the Rolling Pin.  
Says a recent writer—"Marry the girl that makes you tingle when you get within a block of her."  
That's right! And divorce her when she lukes your block tingle afterward.

Defined.  
"Pa, what is a caund?"  
"A lie that won't fight, my son."

## PATENTS

TRADE-MARKS promptly obtained in all countries by the above PATENT ATTORNEYS. We also advise inventors of the best way to protect their inventions, and we guarantee to secure for them the best possible protection. We also advise inventors of the best way to protect their inventions, and we guarantee to secure for them the best possible protection. We also advise inventors of the best way to protect their inventions, and we guarantee to secure for them the best possible protection.

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## C.A. SNOW & CO.

Physicians have long been looking for a harmless headache cure. It has been produced by an eminent chemist of the National Capital. It is known as BROMO-PEPSIN. Besides curing every form of headache instantly, Bromo-Pepsin is equally and as promptly efficacious in chronic and acute indigestion and the nervous disorders incident thereto. It is efficacious and pleasant to take and may be had of all up-to-date druggists at ten cents a bottle. It compares as a boon to mankind and womankind. For sale at C. O. Armstrong, Druggist.

## NOTICE.

The Commissioners of Pike County will hereafter hold Regular Meetings on the 1st Thursday of each month, between the hours of 9 a. m. and 4 p. m. excepting in the months when Court may be in session, and then during Court.

THEO. H. BAKER  
Commissioner, Pike County

## BROMO-PEPSIN

"Note the Word Pepsin!"  
CURES HEADACHE, SLEEPLESSNESS, INDIGESTION & NERVOUSNESS  
All Druggists, 10c, 25c & 50c.  
For sale by C. O. ARMSTRONG, Druggist.

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